



Infant/ Toddler Info/ Tattler

Early Intervention Services News

November 2004

EDIS Early Intervention Team Newsletter

INSIDE

Developmental playgroup.....	1
ICC.....	1
Kid's Care.....	1-2
Nutrition Corner.....	2
Reading Rug.....	2
Parenting Time.....	2



Happy Turkey Day!

Educational and Developmental Intervention Services

Early Intervention Services
Arnn Elementary School
Sagamihara Housing Area
267-6545

and

Bldg. 989, Rooms 125 & 126,
Shirley Lanham
Elementary School,
NAF Atsugi
264-3664

Guess What???!!! This newsletter is now
available online at:

www.atsugi.navy.mil/medical/EDIS/index.html

IT² is a free publication. For additional
copies, questions or comments, please
contact us at either of the numbers listed
above



New Parent Support Groups

SHA: Thursdays 930-1130
Child Development Center

Zama: Tuesdays 930-1130
Chapel Child Care Area

For more information,
call @ 263-8087

Atsugi:

0-12 months: Thurs, 10-11am

1-4 yrs: Tues. 930-11am

For more information call Fleet and
Family Services.

Developmental Screening

Whether you have concerns or are
just curious, EDIS staff are available
at your request to conduct a free
developmental screening for your
child. For an appointment, call our
office at 267-6545 any time.

ICC Volunteers Needed

The Interagency Coordinating
Committee is looking for parent
volunteers. Any parents that wish to
participate on this committee please
call 267-6545 for more information.

KID'S CARE

IS YOUR HOUSE BABY PROOFED?

There are two things you can do to
see if your house is safe for
toddlers:

1. Get down on your hands and
knees and view the world as a
toddler. What you can pull,
grab, bite; so can your child.
Move tempting and dangerous
objects out of reach.
2. Watch your child as he explores
his environment. Walk with your
child through the house and
notice what he notices. Can he
reach that shelf? Can he push
that button? Can he climb that
chair? You'll soon find out by
watching him. If he can reach
objects he shouldn't, it's time to
better baby proof your house.

ONCE BABY PROOFED, ALWAYS BABY PROOFED?

Right? Wrong! Babies grow along
with their ability to reach for objects,
climb on furniture, open drawers,
and walk up and down stairs. You
will continually need to modify your
house as your child continues to
grow. Cheer up though. The good
news is as our child grows older,
he's also learning what is safe and
what isn't.

GENERAL SAFETY RULES

1. Never leave a young child
unattended in the
bathroom.
2. Install smoke alarms and

- fire extinguishers.
- 3. **Keep all matches and candles out of reach.**
- 4. **Post emergency numbers beside the telephone.**
- 5. **Never refer to medication as candy.**
- 6. **Avoid letting children play with small objects he/she can swallow.**
- 7. **Never leave a young child unattended in the basement, garage, or attic.**
- 8. **Keep ashtrays and cigarette butts out of children's reach. Nicotine is a deadly poison when eaten.**

FUN WITH FOOD

Homemade Peanut Butter

1 ½ Tbsp. Oil
1 cup peanuts, roasted in shell, with shell and brown skin removed.

Put 1 ½ Tbsp. of oil in a blender. Gradually add about one cup of peanuts. Blend to desired consistency.

Mud Balls

1 ½ cups peanut butter
9 graham crackers, crushed
¼ cup honey
¼ cup powdered milk

Combine all ingredients. Roll in 18 balls and store in refrigerator.

PARENTING TIME

Tips for Shopping with Your Child

Anyone who has shopped at a grocery store or a mall with children -especially young children- knows that the experience can sometimes be trying, even highly stressful.

Here are some steps that can change potential misery into potential mastery of shopping with kids:

PLAN AHEAD

- **Check Attitudes-** Is your

child too tired or hungry to shop? Are you? If yes, postpone your trip or find a sitter for your child(ren).

- **Explain the Rules-** Before entering the store make your expectations clear, such as "Stay close to me" and/or "use your quiet voice."
- **Agree on Rewards for Good Behavior-** Keep it simple, such as a choice of a favorite snack food, or a stop at the park. Promise to read a story or play a game at home.

AT THE STORE

- **Make a Game out of Shopping-** Who can see the bananas? Who can find the shoe store first? Who can see the person wearing red? Which store begins with a T?
- **Give the Children Some Choices-** When possible, allow your child(ren) to make some decisions. Blue or red socks? Chocolate or vanilla ice cream? Be prepared to bargain or compromise...
- **Play-** "I see something." Then ask your child(ren) what it is.
- **Praise Your Child-** "You are being so helpful." A hug can be reassuring and say more than words at times.

IF ALL ELSE FAILS...

Remember kids will be kids; they are not perfect. Of course, neither are we, but we are the adults...

- **Ignore** inappropriate behavior unless it becomes dangerous, destructive, annoying to others, or truly embarrassing.
- **Remove a child** who is out of control. Take him to the restroom or out of the store. Tell him quietly, eye to eye, that his behavior is absolutely unacceptable.
- **Wait-** saying nothing at all- for the child to calm down, then ask if he is ready to try again.
- **Go home** if the child cannot calm down. If the shopping cannot wait, find a sitter and return alone.

Activities

(to promote development)

Music Box Hide and Seek

While children are not looking, wind up the music box, and hide it somewhere in the room where children can find it. Can they follow the sound to locate the music box? (Promotes cognitive development)

Picture Thing Match

Make drawings or take photographs of several familiar things in the room. Show the child the picture, and play the "What's that?" game. Let the child name the thing. Then see if the child can take the picture over to the real object in the room. Do this with photos of people too, turning it into a fun social game. (Promotes cognitive development)

Eye-Droppers

Let children transfer colored water from one small container to another using an eye-dropper. They will be gaining skill making their thumb and forefinger work together. Dropping colored water onto white paper towels makes pretty designs. (Promotes fine motor development.)

READING RUG

Toddler: Early Literacy

Toddlers love books. They are full of surprises. Actually, books are an elaborate system of peek-a-boo, which we know toddlers love. Good books for toddlers have very clear, realistic, uncomplicated illustrations or photographs. Picture books with one thing on each page are good. Children also enjoy books that have an unusual shape, or are interesting to feel with various textures inside. A nicely illustrated book of nursery rhymes and simple poetry is a good addition to your book collection.

Since toddlers are very rough on books, you can keep some books on a high shelf, bringing them out at special times. However, toddlers should also have the experience and pleasure of handling books and turning pages themselves.